

Fall 2001 Recipes

Side Dishes

Mushroom Smother

This simple mushroom smother can turn plain meat or vegetables into a special dish.

Serves 4

Provides 1 vegetable serving per person

- 1/2-pound brown or white button mushrooms, sliced (2 cups)
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chopped parsley, dill, or chives

1. Wash the mushrooms under cold water and dry immediately with paper towels. Slice into 1/4-inch pieces, stems and all. Toss the mushroom slices with lemon juice, salt, and pepper. Heat a high-sided skillet on high and add the mushrooms. Sauté until nice and brown. Stir in the chopped herbs.

2. Serve over a broiled chicken breasts, lamb chops, or thick wedges of baked winter squash.

Nutritional Analysis

Per Serving:

17 calories
0 g fat
0% calories from fat
0 g saturated fat
0% calories from saturated fat
3 g carbohydrates
143 mg sodium
1 g dietary fiber